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FROZEN FOOD LOCKERS PAY

OVER ONE MILLION AMERICAN FAMILIES now save on food bills the locker way.

More and more people are discovering the joys of better living at less cost through the use of frozen food locker plant facilities.

The drudgery and uncertainties of outdated kitchen methods of preserving perishable foods is now nothing more than a sad memory to the modern, up-to-date housewife.

Start NOW to let a locker save YOU!

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QUALITY SUPER MARKET
2171 Torrance Blvd.
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MAKE A NOTE...

Be sure your kiddies get their daily quota of our pure, nutritious milk. Contains all the body building materials growing children need.



- CHOICE OF
- RAW
 - PASTEURIZED
 - HOMOGENIZED

Cash and Carry PRICES
Why Pay More?
—FINEST MILK... 16¢ qt.
—ALL-PURPOSE CREAM 27¢ 1/2 pt



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10 Years Serving Torrance and Vicinity

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GLEN & LEO WHOLESALE MEATS

FARMERS MARKET
CORNER HAWTHORNE & REDONDO BEACH BLVD.

- STEER BEEF **ROUND STEAK** 69¢ lb
- SPRING LAMB **Rib or Shldr Chops** 39¢ lb
- EASTERN SMOKED **BACON SQUARES** 34¢ lb
- STEER BEEF **STEAKS** Rib, Club, or Sirloin 59¢ lb
- SPRING **LAMB LEGS** 49¢ lb
- SPRING **Lamb Shldr Roast** 35¢ lb

Cafes and Restaurants Welcomed

FARMERS MEATS

Center of Hawthorne and Redondo Beach Blvd. TORRANCE, CALIF.

COMPLETE REST ADVISED FOR ALL 'TB' PATIENTS

If some member of your family has tuberculosis, probably you already realize that you have important responsibilities in helping him get well.

Complete bed rest — full-time relaxation of both his body and mind—is a major part of his treatment. The best place to get this type of rest is at the tuberculosis hospital or sanatorium where there are facilities and trained personnel to help him.

But, unfortunately, the family and friends of a patient can hinder the patient's progress by a lack of intelligent cooperation, according to the Los Angeles County Tuberculosis and Health Association.

To understand and so help the tuberculosis patient, it is well for you to know something about the illness. When tuberculosis germs enter the body, they frequently settle in the lungs. The resistance forces of the body may kill or wall off the germs. But if there are too many germs for the body to fight, the germs get the upper hand and active tuberculosis is the result.

When a tuberculosis patient is getting complete rest, his diseased lung has a chance to heal. The lungs are vitally involved in every sort of physical or mental effort. A patient resting in bed breathes less deeply and less often than when he is up and about. Any exercise gives the lung extra work.

His routine of complete rest, important as it is, may not be easy for the tuberculous patient. Your cheerfulness, patience and encouragement will do much to help the patient realize that his rest must continue for as long as his health requires.

Since worry and emotional upsets are as harmful to the tuberculous patient as physical exertion, he will never get well if he worries about his family or broods over his illness and his future. Certainly he should not be able to feel cut off from family life. But in your letters and during your visits, the interesting and amusing incidents of home life should be stressed, not the troublesome ones.

The patient may grow weary of rest in the hospital and want to get back to the home. Help

him understand that the doctor knows best when his treatment has progressed to the point where he may return to family life. Encourage him to make confident and sensible plans for the future, which plans have been thoroughly discussed with the hospital staff.



IN NEW POST . . . Arthur W. McKinney, who has been elected to the newly-created position of executive vice-president of the National Supply Company. He is a specialist in petroleum problems, and his home is in Toledo.

National Puts McKinney and Eiler in Posts

Arthur W. McKinney, specialist in petroleum problems, has been elected to the newly-created position of executive vice-president of the National Supply Company, it was announced this week.

Simultaneously, it was announced that Robert W. Eiler, secretary and general counsel of the company, has been elected a director of the company. A graduate of Cornell University, Eiler became general attorney for National Supply in 1937 and was elected secretary two years later.

He replaces Charles R. Barton, retired, on National's board of directors.

Local Firemen Rescue Horse From Oil Sump

A near-tragedy was averted Sunday by the quick thinking and quick action of a horseman whose mount became engulfed in an oil sump.

Al Hunt of Los Angeles was riding his horse near Sepulveda and Crenshaw boulevards when the horse fell into the mire of an abandoned oil sump. Hunt leaped to a standing position in the saddle and jumped to solid ground as the animal sank up to its head.

Neither rider nor horse saw the sump due to a covering of leaves and dust that hid the quicksand-like trap, according to records of Torrance firemen who effected the rescue of the entrapped horse.

Capt. J. R. Winters, with the aid of Deports Skidmore and Bill Johnston, firemen, was able to pull the horse out of the sump by use of a rope attached to a fire truck.

Royal Neighbors

Set Food Sale for Saturday
Torrance Camp Royal Neighbors will sponsor a sale of baked goods and cooked foods to be held Saturday, Aug. 7 at the entrance to Levy's Department Store on Sartori avenue.

In Los Angeles county aid was paid to 84,516 needy aged people during June, 1948, compared with 78,778 during July, 1947.

Members at Encampment

Entraining for Camp San Luis Obispo to participate in the first Post-war National Guard summer training encampment, approximately 156 men of Torrance and Lomita left early Sunday morning for the two-week exercises.

Officers making the trip were the battalion staff of the 578th Engineer Battalion (combat), commanded by Major Clyde Carpenter, Headquarters and Service Company, commanded by Lt. Edward T. Hellman, and a Company, commanded by Lt. Merle R. Glibb. Rev. Torben Olsen, regimental chaplain, also made the trip.

Plans for the USAF, Army, Navy, Marine Corps and Coast Guard call for extensive use of helicopters for rescue work, artillery spotting, communication, and control of troop movements.

"Alive or dressed, you'll know they're best." Red fryers, roasting and stewing hens, frying rabbits.

Fresh Eggs Daily

Open Sunday 9 a.m. to 2 p.m.

Torrance Poultry
1613 Cabrillo—Torrance

TELEVISION

NIGHTLY 7:30 to 11:00

Sets available installed for **\$396.00**

We do our own installation and maintain our own service. One year guarantee on all sets.



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These LOW PRICES will start a GOLD RUSH

It's like finding money to pick up the savings that fill the mountainous displays in every department of our easy-to-shop market. That's why we say that these values will start a "Gold Rush" to CARSON MART this week-end. Be sure to join the "Treasure Hunt." You'll strike it rich as you fill your market basket with the best of everything in good eating. One stop . . . one bundle . . . many savings make shopping here enjoyable and economical.

M J B — Pound Tin
COFFEE 50¢
Drip or Regular

HUNT'S BLACKBERRY PRESERVES lb. Jar 17¢

LIBBY'S 46-Ounce Can, ORANGE JUICE 27¢

HI-HO BUTTER — Pound Package
CRACKERS 28¢

POUND PACKAGE
NUCOA 39¢

LARGE GRADE 'A' RANCH
EGGS 65¢ doz.

GEBHARDT'S 15 Ounce Can
TAMALES 19¢

CUDAHY'S DEVILED
HAM 2 Cans 29¢

Gerber's, Libby's, Heinz, Ciapps
BABY FOODS 3 Cans 23¢

HUNT'S lb. Jar
PEACH PRESERVES 15¢

SUNSET GRATED No. 2 1/2 Can
TUNA 39¢

HUNT'S 4 cans
TOMATO SAUCE 22¢

SWIFT'S — Large Can
PREM 49¢

SCOTT TIS'UE 2 rolls
23¢

WHITE KING Lge. Pkg.
GRANULATED SOAP 34¢

WHITE KING Reg. Cakes
TOILET SOAP 2 for 15¢

Reg. Pkg.
SCOTCH CLEANSER 10¢

Lge. Pkg.
GRANULATED SCOTCH 30¢

MERRILL'S 18-oz. Pkg.
RICH SUDS 28¢

CARNATION 2 PINTS
ICE CREAM 45¢

case plus dep.
COCA COLA 115

Santa Paula — No. 2 1/2 Can
TOMATOES 18¢

DEL MONTE GOLDEN No. 2 Can
CORN 19¢

Quality Meats

- ARMOUR'S **SLICED BACON** 62¢ lb
- 7-BONE POT ROAST** 65¢ lb
- FRESH **GROUND CHUCK** 59¢ lb
- BULK PORK SAUSAGE** 49¢ lb
- TENDER PICNIC HAM** 62¢ lb
- YOUNG FRYING RABBITS** 69¢ lb
- FRESH PORK BUTTS** 59¢ lb

Fresh Fruits and Vegetables

- EXTRA FANCY GOLDEN **BANTAM CORN** 6 for 25¢
- FANCY ELBERTA **FREESTONE PEACHES** 2 lbs 19¢
- LONG, GREEN **CUCUMBERS** 3 for 10¢
- LARGE, SOLID, CRISP **LETTUCE** 8¢

WE RESERVE RIGHT TO LIMIT QUANTITIES

CARSON MART

1929 CARSON ST. • TORRANCE

PRICES EFFECTIVE FOUR DAY S — — — Thurs., Fri., Sat., Mon.